Peanut Butter Candy

This is one of the first desserts I learned to make after living gluten free. It seemed the only one I could have. Easy to make, and easy to eat. It's a quick way to increase blood sugar, if it's made ahead of time. I used to keep a bowlful on the counter and eat a spoonful or two every night. This is a high sugar treat, so not for diabetics. There is also no cooking, no baking, and no fridge needed. Easy to take along on a trip. ***

*** Do not give peanut butter candy to a child who has not been tested for peanut allergy.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Peanut butter (peanuts)
- Powdered sugar (diabetics)

Meatless Preparation Avoid:
- Substitute with: _____

Utensils:
- Measuring cups
- 1 Mixing bowl
- Spoon
- Pan: None

Vegetables: None

Other ingredients:
- 1 cup of peanut butter
- 1 cup of powdered sugar

Preparation time: 5 minutes

Preparation:

1. **Measure 1 cup of peanut butter and 1 cup of powdered sugar into a resealable bowl. ****
2. **Mix well.**

**** For low dexterity, mix in a resealable plastic bag, squishing the peanut butter and powdered sugar together.**

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings

Counter safe: 2 to 3 days
Fridge safe: Unknown
Freezer safe: Unknown

Reheat Instructions: None